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*By Emily Sadler*

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# Winnipeg metro

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Here's what a social advocacy  
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LYLE STAFFORD/FOR METRO



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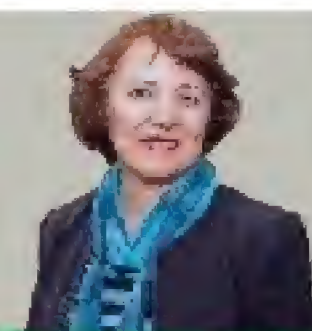
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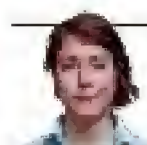


ISTOCK

## What *exactly* do they earn?

### MUNICIPAL MATTERS

#### City closer to revealing full details of employees' pay



**Stephanie Taylor**  
Metro | Winnipeg

Winnipeg City Hall is one step closer to divulging a more detailed breakdown of its employees' earnings.

On Wednesday, Mayor Brian Bowman's inner circle — dubbed the executive policy committee — unanimously voted in favour of a request for the city's annual compensation disclosure to list the specific payouts each employee receives, rather than one lump sum.

For example, the amount of vacation pay, severance and bonuses collected by each employee or official could be listed.

Councillors Scott Gillingham (St. James-Brooklands) and executive policy committee member Janice Lukes (St. Norbert) initiated the request.

Contracts of senior administrators could also be publicized.

"The citizens of Winnipeg

have the right to know how public money is being spent, how public employees are being compensated," Gillingham told Wednesday's committee.

The move comes after questions arose following the city's release of its 2015 compensation disclosure that revealed ex-CAO Deepak Joshi received a \$567,000 payout despite having been suspended in January and resigning a month later.

Bowman said on Wednesday he supports having a more detailed breakdown of employees' earnings partly because it gives elected officials a chance to discuss specifics out in the open.

Seeing the changes happen would likely require provincial approval to amend The Public Service Compensation Disclosure Act, Bowman added, saying he hopes it could be done in time for the re-

lease of the 2016 compensation disclosure.

"Manitoba's new government was elected on a mandate to promote openness and transparency, and if the City requests it we would take this under consideration," Indigenous and Municipal Relations Minister Eileen Clarke said in an email statement to Metro.

Wednesday's vote means full council will decide on the matter later this month.

## How other places deal with salary transparency

### Halifax

This was the first year Halifax released a sunshine list of its employees who earn \$100,000 or more a year. The list identifies employees by name and how much they earn in salaries and "other benefits."

### Toronto and Ottawa

Both cities are mandated under the provincial Public Sector Salary Disclosure Act to release the names and positions of employees paid \$100,000 or more in salaries on an annual basis. Information is searchable through an online database.

### Edmonton

The city releases its data on employee earnings in wage ranges, e.g. those making between \$160,000 and \$170,00. Employees are not named. Some express concern that naming employees could drive up wages if one notes a colleague earns more and demands a raise.

### Calgary

The city publishes an annual compensation disclosure list, but only indicates position and the minimum and maximum annual base rate for that job — not names or actual salaries of specific employees. Some of similar nature are lumped together.

### Vancouver

Salary and expenses for all employees earning \$75,000 or more is released in an annual financial report and an open data portal, which has information dating back to 2008. Employee's names are listed alongside their earnings, but not their position.

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# Opening doors for refugees

## HOUSING

## Modular development will house 48 families



**Matt Kieltyka**  
Metro | Winnipeg

A class of new refugees sat down for their very first English lesson in Winnipeg's inner city on Wednesday.

It's an occasion the newcomers won't soon forget but it also a marked a major milestone for the Immigrant and Refugee Community Organization of Manitoba (IRCOM).

The lesson was the first held in IRCOM's new social housing project at 215 Isabel St., which is finally ready to open its doors to 48 families starting next week after four agonizing years of delays.

The building, which offers three-year transitional housing to new refugee families along with a wide range of social services, is the second location run by IRCOM (the first opened in 1991) and helps the non-profit tackle a 100-family wait list for its services.

"The need is great," said IRCOM's Shereen Denetto. "We have maybe two families move in and out a month at our current site. That's a slow trickle. Not having this facility meant constant demand for housing and not being able to meet the need. Now that we're opening it, we'll significantly reduce our wait list for sure."

The project, which completely renovated and joined two former Manitoba Housing buildings on the site, was first announced in 2010 with a targeted opening in 2012.

It was hit with numerous delays and contractual issues since then before finally be-

ing handed over to IRCOM to operate.

"It hasn't been easy," Denetto said.

Once it receives its final occupancy permits from the city, Denetto expects the first four families to move in next week.

The rest will be phased in over the coming months.

The building is made up of 60 modular units that can be joined to create up to four-bedroom suites for large families. IRCOM says the average amount of children in the families it houses is four.

It also includes an on-site daycare, library, classrooms, access to legal and support services, laundry, bike storage and a bed bug heat treatment room.

Programming is also planned to help integrate newcomers into the Centennial community and especially connect them with indigenous groups.



Executive director Dorota Blumczynska of IRCOM looks at the view for a seventh floor apartment in Winnipeg on Wednesday. LYLE STAFFORD/FOR METRO



The building is made up of 60 modular units. LYLE STAFFORD/FOR METRO

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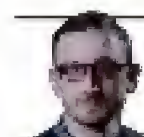
Appointments can be made to view the suites with the Tenant Resource Coordinator. Monday-Friday between 8:00 a.m. - 3:30 p.m.



# Advocates want newcomers to have vote

## MUNICIPAL ISSUES

### Change would increase civic engagement, they argue



**Matt Kieltyka**  
Metro | Winnipeg

Winnipeg teacher Surafel Kuchem can finally vote after

nine years in Canada.

He doesn't see why it had to take so long.

The 32-year-old from Ethiopia has been an active member of his west-end community for years before getting his Canadian citizenship in 2015 and feels non-citizens should have the right to vote on the civic issues that most directly affect their day-to-day city lives.

"I don't think I was any less of a citizen a year ago," Kuchem told Metro.

Allowing newcomers to vote municipally would increase civic engagement, voter turn-outs and ensure councils and school boards better represent their local communities, argue advocates determined to put the issue on the city's radar.

Abdikheir Ahmed, program co-ordinator of Immigration Partnership Winnipeg (IPW), said it makes a lot of sense for Winnipeg and its large immigrant and refugee population. "All these people are pay-

ing taxes, they pay property taxes — many on their own homes — and they use the same city services as citizens," Ahmed said.

Ahmed and IPW community engagement co-ordinator Noelle DePape are planning a series of stakeholder meetings, starting in two weeks, to look for ways to get newcomers more involved municipally.

WITH FILES FROM STEPHANIE TAYLOR

For more reporting, visit [metronews.ca](http://metronews.ca)



Winnipeg teacher Surafel Kuchem feels non-citizens should have the right to vote. LYLE STAFFORD/FOR METRO

## At a glance

**13,000 to 16,000**

The number of newcomers who come to Winnipeg each year

**84 per cent**

Percentage of those who settle in Winnipeg

**1/3**

Approximately a third of newcomers are voting age

**6 years**

Average time it takes newcomers to get citizenship

SOURCE: IMMIGRATION PARTNERSHIP WINNIPEG

## + NOT A FOREIGN CONCEPT

Close to 40 countries provide some form of non-citizen voting rights: 17 in Europe, 7 in the Caribbean, 5 in South America and others, including Australia, New Zealand and Israel.

In New Zealand, all immigrants have national

and municipal voting rights after one year of residency.

Toronto and Halifax are among the Canadian cities that have looked into non-citizen voting.

Source: Myer Siemiatycki, Ryerson University Department of Politics and Public Administration

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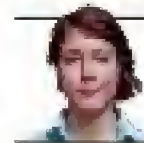
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# Telecom company aiming to cut 50

## LABOUR

### Union fears workload will turn unhealthy



**Stephanie Taylor**  
Metro | Winnipeg

The latest round of cuts to Manitoba Telecom Services (MTS) may overburden the remain-

ing workforce, says the union boss representing many of the 50 employees offered early retirement packages on Wednesday.

Bob Linsdell, executive director of the Telecommunication Employees Association of Manitoba, said employees learned of the company's plan to cut 50 positions Wednesday morning.

He said the union hopes the reductions can happen voluntarily.

A company spokesperson confirmed what's being offered is a

"voluntary workforce reduction program," not a round of layoffs.

"The majority of the affected positions are not customer-facing. The reductions will unlock funding to invest in tools, systems and network enhancements — all to benefit our customers," Christine Payne, MTS director of corporate communications, wrote in an email to Metro.

Linsdell said the downsizing impacts employees in information systems. They have until

Oct. 13 to apply for a package.

Linsdell said union members are cognizant of the pressures at MTS, especially after some 200 jobs were slashed last December.

He still worries how this latest phase of reductions will affect the workloads of other employees.

"Some of them are already feeling maxed out. I'd say that is probably the biggest fear: Workload issues. More work than people can handle and remain healthy," he said.



**Manitoba Telecom Services is offering 50 employees early retirement packages until Oct. 13. METRO FILE**

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## FIRST NATIONS

### Chief seeks right to call in military

Defence Minister Harjit Sajjan is considering a request to give First Nations the power to directly call in the military when their treaty, environmental and other rights are threatened.

Ron Swain, vice-chief with the Congress of Aboriginal Peoples, told Sajjan during consultations with indigenous groups Wednesday that native communities deserve the same rights as provincial governments, which have the authority under the National Defence Act to call in the military to fight civil unrest and during other crises.

"We believe, in protecting our sovereign territory and our issues around environmental concerns, we should be able to trigger the same response and have our Armed Forces defending our treaties and our territories," Swain said during a break in the closed-door meeting in Winnipeg that included about a dozen indigenous leaders and academics.

The meeting, which focused on indigenous issues, was one of several discussions Sajjan is holding around the country as part of a broad review of Can-

ada's defence policies.

Swain, whose group represents First Nations and Metis who do not live on reserve, pointed to the Oka crisis of 1990, when the Quebec government called in the military to try to restore order after repeated clashes between police and Mohawk protesters.

He said indigenous communities should be able to call in the military to come to their defence in such cases, or in the event that development that could pose a risk to the environment is taking place without First Nations consent. Swain cited the current stand-off involving the Standing Rock Sioux Tribe in North Dakota over construction of an oil pipeline.

"Our people and our communities are very concerned about water and this whole issue about pipelines."

Even municipalities appear to have an easier time getting military intervention, said Swain, who pointed to the 1999 snowstorm in Toronto that had then-mayor Mel Lastman pleading successfully for army aid. THE CANADIAN PRESS



Indigenous groups told Defence Minister Harjit Sajjan on Wednesday that native communities deserve the same rights as provincial governments. ADRIAN WYLD/THE CANADIAN PRESS FILE



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# Liberal MP opens up on depression battle

## MENTAL HEALTH

### Celina Caesar-Chavannes hit low point after byelection loss

Liberal MP Celina Caesar-Chavannes remembers being on a train, tears streaming down her face, trying to calm herself before anyone realized who she was.

"I just kept thinking, 'Oh my God, I hope nobody recognizes me. What's going to happen if somebody recognizes me? This is crazy, Celina! Pull yourself together,'" the parliamentary secretary to Prime Minister Justin Trudeau said in an interview Wednesday.

The rookie MP for Whitby, Ont., was at a low point in her ongoing struggle with depression, a diagnosis she received last year after she could not pull herself out of the depths months after losing a November 2014 byelection.

She found herself feeling embarrassed, guilty and, despite her political success and a supportive family, internalizing the stigma surrounding mental illness.

"I was beating myself up," she said, telling herself that she was disappointing everyone around her.

"The more I did that, the worse I got," she said.

Now, she has decided to speak out about her experience to let others know they are not alone, encourage them to seek help and push her colleagues, including Trudeau, to do more on mental health.

She said reaching out for help can be particularly hard for some communities, including women of colour like herself.

"We hide it, we bury it, because we are supposed to be good — we are supposed to be twice as good," she said. "It's not human and it's not possible and so somebody needs to say, it's not possible for you to be 100 per cent all the time," she said.

THE CANADIAN PRESS



Rookie Liberal MP Celina Caesar-Chavannes was at a low point in her ongoing struggle with depression. She received the diagnosis last year after she could not pull herself out of the depths, months after losing a November 2014 byelection.

THE CANADIAN PRESS

## POLITICS

### NDP prevents caucus revolt against Mulcair

The NDP managed to avert a caucus revolt in Montreal on Wednesday, as MPs emerged to show continued support for outgoing leader Tom Mulcair.

The party is now trying to turn its attention to its work in Parliament while it attempts to deal with internal matters such as shrinking fundraising and sliding poll numbers.

Mulcair, who is set to stay at the helm of the NDP until a successor is named in fall 2017, has been under recent pressure from some current and former MPs to leave immediately.

Mulcair emerged from closed-door discussions Wednesday mor-

ning to say he was "honoured and humbled" by the continued support.

So far, there are no official candidates to replace Mulcair.

NDP House leader Peter Julian, who is considering a leadership run, said Wednesday the party will rebuild itself.

"What we have to do is show the differences between the Liberal promises and the reality," Julian said. "The government has a very good image machine but that's quite superficial. Beyond the image that the government puts out, not a lot has changed for regular families."

THE CANADIAN PRESS



Tom Mulcair PAUL CHIASSON/THE CANADIAN PRESS



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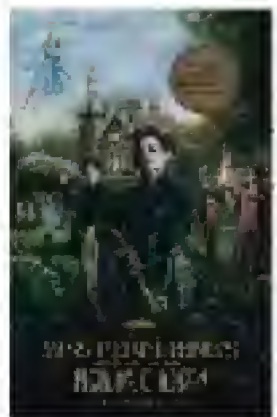

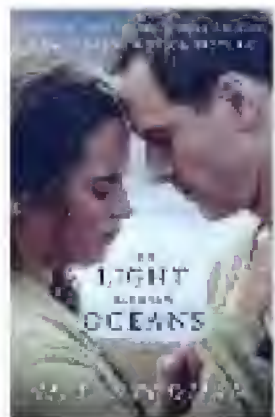

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JOURNALISM

# Metro racks up award nominations

Metro has been nominated for two Canadian Online Publishing Awards (COPA) for its coverage of traffic fatalities in Toronto and of the Fort McMurray fire in Alberta.

Metro Toronto received a nomination for "Best Article or Series" for Toronto's Deadly Streets.

Bridging investigative journalism and advocacy, managing editor Angela Mullins and reporter Luke Simcoe produced a series that went beyond the statistics to bring the human impact of road deaths to the fore. Their reporting successfully moved public and political opinion regarding traffic-related fatalities.

James Alvir, interactive producer, built an online tool that helped readers contact their local councillors and agitate for change. Hundreds of readers did just that, and the #TODeadlyStreets hashtag trended on Twitter in Toronto on each of the five days the series ran.

Metro Calgary and Metro Edmonton are nominated for "Best News Coverage" for their re-

porting of the Fort McMurray fire.

When the city of more than 80,000 people had to be evacuated because a wildfire suddenly switched course, Metro provided readers across Alberta the latest information on the developing event. Darren Krause, Metro Calgary's managing editor, coordinated coverage, providing readers with a mix of news and must-know utility information as the fire started to burn down entire neighbourhoods. While most travelled south, Metro Edmonton's managing editor, Tim Querengesser, went north to provide coverage from the scene.

Reporters Jeremy Simes, Alex Boyd and Liz Brown recorded the experiences of people fleeing the fire-ravaged city. They included the story of a man who watched his home burn down on his security camera, a 16-year-old girl who fled the city on horseback and a pilot who flew displaced animals to safety.

Winners will be announced on Nov. 7 at an awards ceremony in Toronto. METRO

# Vibrator company sued

An American woman has launched a proposed class-action lawsuit against the Canadian-owned maker of a smartphone-enabled vibrator, alleging the company sells products that secretly collect and transmit "highly sensitive" information.

The Chicago-area woman, identified in a statement of claim only as N.P., has made her complaints against Standard Innovation (US) Corp., which is owned by the Ottawa-based Standard Innovation Corp., over a "high-end" vibrator called the We-Vibe.

The lawsuit, which was filed earlier this month in an Illi-

nois court, explains that to fully operate the device, users download the We-Connect app on a smartphone, allowing them and their partners remote control over the Bluetooth-equipped vibrator's settings.



**The We-Vibe 3** We-Vibe device, the woman's statement of claim said.

The woman at the centre of the suit bought her vibrator in May for \$130 US, downloaded the app and used it on several occasions. THE CANADIAN PRESS



An undated photo shows a snowy owl in Montana. 86 species of birds are threatened by plummeting populations, habitat destruction and climate change, a report says. THE MISSOULIAN VIA THE ASSOCIATED PRESS/THE CANADIAN PRESS

# 1.5 billion fewer birds fly over North America

WILDLIFE

## Study blames climate change, loss of habitats — and cats

North American skies have grown quieter over the last decades by the absent songs of 1.5 billion birds, says the latest summary of bird populations.

The survey by dozens of government, university and environmental agencies across North America has also listed 86 species of birds — including once-common and much-loved songbirds such as the evening grosbeak and Canada warbler — that are threatened by plum-

meting populations, habitat destruction and climate change.

"The information on urgency is quite alarming," said Partners In Flight co-author Judith Kennedy of Environment Canada. "We're really getting down to the dregs of some of these populations."

The report is the most complete survey of land bird numbers to date and attempts to assess the health of populations on a continental basis. It concludes that, while there are still a lot of birds in the sky, there aren't anywhere near as many as there used to be.

Evening grosbeaks are down 92 per cent since 1970. Snowy owls have lost 64 per cent of their numbers.

Tally it all up and there

should be another 1.5 billion birds perching in backyards and flying around in forests than there are, says the report.

Nor are the declines stopping. Among those 86 species, 22 have already lost at least half of their population since 1970 and are projected to lose another 50 per cent of their numbers within the next 40 years.

For at least six species, this "half-life" window is fewer than 20 years.

The culprits are familiar. Agriculture disturbs habitat of grassland birds and intro-

22

The number of bird species that have already lost at least half of their population since 1970 and are projected to lose another 50 per cent within the next 40 years.

duces pesticides into the landscape. Logging fragments the intact forests birds use as refuelling stations as they migrate. Domestic cats are thought to kill more than two billion birds a year.

"It's the death of a thousand cuts," said Kennedy.

At stake is much more than the pleasure of a little back-

window bird song. The report says birds are crucial indicators of overall ecosystem health. Healthy forests and prairies need healthy bird populations, said Kennedy.

THE CANADIAN PRESS

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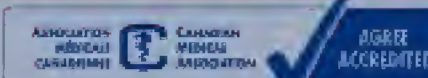
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# Millions of refugee kids have no schools, UN says

## REPORT

## Only 50 per cent have access to education

More than half of the 6 million refugee children under the mandate of the United Nations have no access to school just as the refugee school-age population is exploding by 600,000 a year, a new report says.

According to the United Nations High Commissioner for Refugees report, only 50 per cent of refugee children around the world have access to pri-

mary school education, compared with a global average of more than 90 per cent.

As these unschooled children grow older, the gap becomes even more startling: only 22 per cent of refugee teens go to high school compared to 84 per cent globally and just 1 per cent attend university, compared to 34 per cent around the world.

"By educating tomorrow's leaders, be they engineers, poets, doctors, scientists, philosophers or computer programmers, we are giving refugees the intellectual tools to shape the future," says the 48-page report to be released in Gen-

eva Thursday.

The report comes in advance of world leaders gathering next week at the UN General Assembly's Summit for Refugees and Migrants and U.S. President Barack Obama's Leaders' Summit on the Global Refugee Crisis.

The report will serve as the backdrop to the summits' discussions to set targets and secure aid funding to ensure every school-age refugee receives a quality education.

"This represents a crisis for millions of refugee children," Filippo Grandi, UN High Commissioner for Refugees, said in a statement. "Refugee education

is sorely neglected, when it is one of the few opportunities we have to transform and build the next generation."

Grandi said the refugee school-age population grew by 30 per cent in 2014 alone, which means an average of at least 12,000 additional classrooms and 20,000 extra teachers are needed each year.

There are now 65 million displaced people around the world, including 21 million outside of their native countries. Eighty-five per cent of these refugees are hosted in poor developing countries.

Before the conflicts in Syria,

94 per cent of the country's children attended primary and lower secondary schools. However, by 2016, only 60 per cent of children had access to school there, leaving 2.1 million children and teenagers without an education, said the report.

In neighbouring countries, only 39 per cent of school-age refugee children and adolescents were enrolled in primary and secondary schools in Turkey, 40 per cent in Lebanon, and 70 per cent in Jordan. It means nearly 900,000 Syrian refugee kids in the region are not in school.

TORSTAR NEWS SERVICE

## BY THE NUMBERS

**16.1 million**

Number of refugees under UNHCR mandate

**6 million**

Those who are of primary and secondary school-going age

**3.7 million**

School-age refugees who have no school to go to

**50%**

Refugee kids who have access to primary education

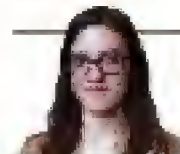


### BANGLADESH ANIMAL SACRIFICES TURN DHAKA STREETS INTO RIVERS OF BLOOD

Large-scale animal sacrifices marking the Islamic festival of Eid al-Adha combined with heavy rains have turned the streets of Bangladesh's capital into rivers of blood. Authorities in Dhaka designated several places in the city where residents could slaughter animals, but heavy downpours Tuesday meant few people could use those areas. THE ASSOCIATED PRESS

## TECHNOLOGY

## Teen creates hijab emoji for 'women across the globe'



**Rebecca Williams**  
Metro | Toronto

A Muslim teen is asking Apple to create an emoji of a woman wearing a hijab to better represent "millions of women across the globe."

Apple announced a slew of new emojis aimed at being more diverse gender-wise, including women weightlifting, swimming and donning a construction hat.

But for 15-year-old Rayouf Alhumedhi, the lack of representation for Muslim women was a glaring omission.

The Saudi teen, who lives in Germany, has already written a proposal to push Apple for the new emoji with the



**Fifteen-year-old Rayouf Alhumedhi wants 500 million Muslim women to finally be represented in emoji-form.**

CONTRIBUTED

help of tech insiders, including Reddit co-founder Alexis Ohanian.

"Roughly 500 million Muslim women on this earth pride

themselves on wearing the hijab," reads the proposal addressed to Apple CEO Tim Cook and Unicode, the body in charge of approving changes to the emoji library.

"With this enormous number of people, not a single space on the keyboard is reserved for them."

The teen took to Reddit Tuesday for an "Ask Me Anything," where she opened up about what wearing the hijab means for her and about how her life has changed since moving to Germany.

"Might seem baffling, but when I wear the headscarf I actually feel liberated because I'm in control of what I want to cover," she writes.

If approved, Alhumedhi's emoji would be available in 2017.

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metro NEWS Business

Thursday, September 15, 2016 13

Tech gadget makers  
confusing customers

## TECHNOLOGY

Samsung and  
Apple have  
both fumbled  
upgrades

What's worse, a phone that gets "bricked" by a software update, or one that has a tendency to spontaneously combust?

Right now, those are your options from the world's top two smartphone manufacturers, and it points to a bigger problem — many electronics manufacturers are delivering muddled products and even worse messages, making it difficult for consumers to upgrade. Consider:

1. On Tuesday, Apple released iOS 10, an update to its operating system that immediately started seizing up people's smartphones. The company quickly released a fix, but not before plenty of outrage.

2. Samsung's latest phone,



Apple's iOS10 software update launched with bugs that "bricked" older iPhones, prompting online outrage. AFP/GETTY IMAGES

the Galaxy Note 7, is a potential fire hazard that's become a pariah in airplanes, subways and anywhere else fires aren't welcome.

3. The new iPhone 7 hits stores on Friday, and thanks to the company's "courage," it's missing a key piece of technology — the headphone jack — that makes it less consum-

er friendly than the previous model.

With the onslaught of new products, it should feel like gadget-geek Christmas. But the fumbles and anti-consumer moves make even the true early adopter stop and think about shelling out.

We just lived through an impressive decade of smartphone

improvement and innovation. But now, upgrades tend to feature smaller changes and improvements as opposed to whole new products. Apple, for example, is moving to a three-year upgrade cycle from two years, so the company is carefully doling out new features.

Apple tied the new phone with the launch of iOS10, a software update which would hopefully make older iPhones feel like new. Even with a three-month-long beta to work out the kinks, it still launched and promptly bricked an unknown number of phones, prompting online outrage. The company issued a fix, although many users are rightfully gun shy about installing it.

With Samsung, the company has engineered its production capabilities to fully take on Apple, and its Note 7 beat the iPhone 7 to market. But due to a full-scale recall, the company is facing lost billions to fix the issue, plus lost sales and brand value. TORSTAR NEWS SERVICE

## DIGEST

## Hi-tech cars, robot chefs and rising bread

1 **A driverless future:** Uber riders in Pittsburgh can get a glimpse of the future by summoning a car capable of handling most of the tasks of driving on its own.

Starting Wednesday, a fleet of self-driving Ford Fusions will pick up Uber riders who opted to participate in a test program.

While features allow the vehicles to navigate on their own, an Uber engineer will sit in the driver's seat and seize control if things go awry. Uber's test program is the latest move in an increasingly heated race between tech companies in Silicon Valley and traditional automakers to perfect fully driverless cars for regular people. THE ASSOCIATED PRESS

2 **Did robots help make your pizza?** If you ordered it from Silicon Valley's Zume Pizza, the answer is yes.

The startup, which began delivery in April, is using intelligent machines to grab a slice of the multibillion-dollar pizza delivery market.

Zume is one of a growing number of food-tech firms seeking to disrupt the restaurant industry with software and robots.

The company will soon add robots to prep the dough, add cheese and toppings, take pizzas out of the oven, cut them into slices and box them for delivery. THE ASSOCIATED PRESS

3 **Panera to spread nationwide:** One of the largest franchise operators of Pizza Hut and KFC locations in North America has scooped up most of the Panera Bread bakery-café in Ontario, with plans to grow the fresh soup and sandwich chain across Canada. Woodstock, N.B.-based Franchise Management Inc. announced Wednesday the company will assume ownership and management of 12 Panera outlets, mostly in the Greater Toronto Area. Panera Bread is known for its fresh-baked breads, soups and hand-crafted salads and sandwiches. TORSTAR NEWS SERVICE

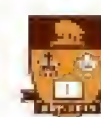
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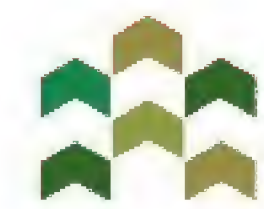
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## Fall Parade Showcase

BY MIKE MOORE, PRESIDENT, MANITOBA HOME BUILDERS' ASSOCIATION

**WELCOME TO THE 2016 FALL PARADE OF HOMES.** The Manitoba Home Builders Association is proud to present the finest variety of new homes. With 134 new homes by 39 different builders, ours remains the largest Parade of Homes offered anywhere in Canada. Nowhere else is there more variety for you, the viewing public.

In addition to some new neighbourhoods being featured for the first time, we are pleased to be able to introduce six builders participating in their first Parade of Homes.

The design and construction expertise that goes into each new home is unparalleled. Take time when visiting to appreciate outstanding Manitoba craftsmanship. It might seem impossible, but there are unique innovations and ideas to be found in every single show home. Talk to the representatives showing the homes about those features and what makes that particular home special. With such a wide selection available, we're confident that the perfect new home is waiting right now for you to visit. There is definitely something for everyone.

MHBA builder members appreciate the importance of your decision to purchase a new home. That is why they encourage Parade visitors to look carefully at each detail, talk to the sales agents and return for additional visits. After all, show homes are open after the Parade, too. Our builders want to ensure that you are matched with the home that is perfect for your life situation and family for years to come. We believe that this year's selection of new homes offers the right design and the right location for everyone. Be sure to visit as many homes as possible to take full advantage of the Parade. The more homes you visit, the more new and exciting ideas you will get.



In addition to variety and quality, there are numerous additional good reasons why now is the perfect time to purchase a new home. Financial institutions are still offering long term mortgages at rates among the lowest in decades. Manitoba and Winnipeg homes continue to increase in value year after year, making them among the most sound of all investments. Manitoba new homes are the most energy efficient in the country and a move to a new home results in significant energy savings.

Manitoba's new home construction industry is strong and vibrant. MHBA member builders and suppliers keep abreast of the latest technology, trends and techniques to ensure that your new home offers affordability, quality and choice.

Enjoy the 2016 Fall Parade of Homes and thank you for visiting.

Mike Moore, President  
Manitoba Home Builders' Association

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WHEN VISITING  
TO APPRECIATE  
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Parade of Homes

FALL 2016

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Castlebury Meadows  
Country Estates  
HEADINGLEY, MB  
– Deer Pointe Park  
St James  
STONEWALL, MB  
Waterford Green

### NORTHEAST

Bloom & Timber Condominium  
Bunn's Creek Condominium  
Crocus Meadows  
Devonshire Village  
DUGALD, MB – Wheatland Park  
Jazz on Lag  
OAKBANK, MB  
Pritchard Farm – Southlands  
Starlite Village  
Transcona

### SOUTHEAST

Bonavista  
LORETTE, MB  
NIVERVILLE, MB  
– 5th Avenue Estates  
NIVERVILLE, MB  
– Highland Village  
River Park South  
Sage Creek  
The Woods at Creek Bend

### SOUTHWEST

BRANDON, MB – Bellafield  
BRANDON, MB – Southridge  
Bridgwater Centre  
Bridgwater Forest  
Bridgwater Lakes  
Bridgwater Trails  
LA SALLE, MB  
– Prairie View Lakes  
Murano Gardens  
Oak Bluff West  
Prairie Pointe  
Ridgewood West  
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Tuxedo





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## metr VIEWS

Your essential daily news

PHILOSOPHER CAT by Jason Logan



### CHANTAL HÉBERT ON AN EX-PM'S ILL-ADVISED ADVICE



**For pipeline proponents, recent developments offer an opportunity to prod Trudeau himself into action. Mulroney should know better.**

Once in a blue moon, or maybe a bit more often than that, someone who should know better offers the prime minister of the day some strikingly flawed advice.

Such is the case of Brian Mulroney's recommendation that Justin Trudeau personally take charge of the controversial Energy East pipeline file.

In a speech in Calgary this week, the former Tory prime minister offered his successful negotiation of a watershed free-trade agreement with the United States in the late 1980s as the template Trudeau should borrow to advance TransCanada's pipeline plan.

"What we now need for an exceptional, cohesive effort to make the most of our resource base is a similarly clear commitment from the top, led by the prime minister, with a unique, high-quality organizational structure drawing expertise from across Canada, and a genuine partnership that will spearhead expansion of our resources, expedite infrastructure construction and bolster a broader divers-

ification of our resources," the former Tory prime minister told his Alberta audience.

It should be said at the outset that this is advice offered in good faith. At a time when most were still sneering at the notion that Trudeau could become prime minister, Mulroney was talking up his potential.

As opposed to other prominent Energy East backers — such as former Quebec premier Jean Charest who was at one point on contract as a consultant to TransCanada — Mulroney has no financial connection to the project. (He does toil in a law firm that, like its competition, is always on the lookout for more energy industry clients.)

Mulroney is not the first to call on Trudeau to jump in front of the pipeline parade and, given the travails of the National Energy Board in dealing with Energy East, he will not be the last.

On Friday the three-member NEB panel tasked with vetting the plan to link the oilsands to the Atlantic coast

belatedly recused itself amidst enduring questions as to its independence.

The next panel will be made up of members hand-picked by the Trudeau government rather than legacy Conservative appointees. That should go some way to restore credibility to the process. Further down the road, it would make a pro-Energy East NEB recommendation harder for Trudeau to dismiss.

But for pipeline proponents, the latest developments also offer an opportunity to once again try to prod Trudeau himself into action. Mulroney, for one, should know better than to flog that particular horse.

The current prime minister does have an enviable amount of political capital. But then, so did former Quebec premier Lucien Bouchard when he took on the role of chief lobbyist for the shale gas industry in Quebec a few years ago. Not only did Bouchard fail to advance the argument. He also left a lot of his credibility on the battlefield.

And then, the dynamics of a

top-down prime ministerial effort to rally support for a pipeline in the name of nation-building would be more akin to the ill-fated constitutional rounds that took place on Mulroney's watch than to the trade negotiations that led to the FTA and NAFTA.

If there is one former prime minister who should know the limits of the persuasive powers of a top-down policy consensus, it should be Mulroney. He and his government succeeded twice in securing unanimous provincial support for two successive constitutional accords.

Within a year of the negotiation of the Meech Lake accord in 1987, premiers of a different constitutional persuasion had replaced Mulroney's allies in New Brunswick and Manitoba. And no amount of establishment support from virtually every quarter of Canadian society could salvage the subsequent Charlottetown accord from the fury of voters.

Back when Mulroney and the premiers set out to proactively redress Quebec's constitutional grievances, the sovereignty movement was at low ebb. These days it is similarly at a loss for an issue with enough popular traction to restore its momentum.

Anyone who is close to the Quebec scene can testify that a show of federal force on Energy East could be the answer to the sovereigntist prayers for optimal conditions for a return to power of a majority Parti Québécois government and — perhaps in — another shot at referendum.

### Suspicion of immigrants is a Canadian value



**Desmond Cole**

Conservative MP and party leadership contender Kellie Leitch doesn't really want a conversation on Canadian values.

The callous Leitch, who has been insisting lately that we consider a values test for prospective immigrants, simply wants to boost her brand by playing to racist and xenophobic fears of some Conservative party supporters. Modern conservative groups keep questioning immigrants' values because they know their liberal political opponents, who are prone to the same prejudiced scapegoating, will struggle to condemn them.

Many have called Leitch's proposal impractical, since no one person or group can define Canadian values. That's a nice idea, but we know the values our politicians attempt to sell us are a reflection of our colonial, white, British heritage. There are such things as Canadian values, and they explain how our politicians have been peddling a fear of foreigners for the last 150 years.

Suspicion of all immigrants who are not white, or are not members of the former British Empire, is a Canadian value. Canada's founding prime minister, John A. Macdonald, argued that Chinese immigrants to Canada were unfit to vote because they exhibited "no British instincts or British feelings or aspirations."

Macdonald didn't need to cloak the authority of the state in the language of wanting a "conversation" about immi-

grants, as Leitch does today. In his time, there was no conversation to be had.

Assurances that we no longer live in the 19th century are beside the point. Every politician from Macdonald to Leitch has been able to bank on significant support by distinguishing between British or Canadian values and those of everyone else. Yes, even many newer immigrants echo these suspicions of outsiders' customs or beliefs. They may hail from countries that our government is wary of. The pressure on these newcomers to conform — to validate the wisdom of the system that chose them, to scrutinize those who come after them — must be overwhelming.

Leitch may not win her leadership contest, but the fact her naked appeal to prejudice can still spur "debate" in this country says it all. Polls suggest a majority of Canadians agree with Leitch's call to screen immigrants for good values.

Conservatives are more likely to support the traditional dominant values openly. It was Leitch who announced a 2015 Conservative campaign proposal to create a "barbaric cultural practices hotline." Prime Minister Justin Trudeau, who has cast himself as being far more progressive on immigration and cultural issues, had little to say about the Macdonaldist snitch line — Trudeau and his party had quietly voted in favour of a Conservative law called the "Zero Tolerance for Barbaric Cultural Practices Act" only four months before the election.

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# The family that reads together

## PUBLISHING

### Young readers get their own editions of popular titles

**Genna Buck**  
Metro Canada



B.C. author Tilar J. Mazzeo's latest book, *Irena's Children*, is the high-adventure tale of Irena Sendler, a "female Oskar Schindler." The Polish social worker rescued 2,500 mostly Jewish children during the Second World War by hiding them in coffins and smuggling them through Warsaw's sewers, with help from her network of resourceful teenagers.

But none of that was what Mazzeo's tweenage stepson was most interested in.

"His favourite was the part about Irena Sendler's dog," Mazzeo said. "It's interesting what kids pick up on — the idea that the dog helped, by barking to distract the Germans."

*Irena's Children* is coming out Sept. 27 in two distinct versions simultaneously, one for adults and one for young readers 10 and up. That's the one her stepson devoured.

Her work is part of a trend: Publishers are adapting adult titles — both backlisted books and new ones like Mazzeo's — for younger audiences.

It's a strategy to squeeze more revenue out of a single title, and to respond to the demand for good books, especially non-fiction, for middle-grade readers.

"That nine to 12 age is super hard," said Kelly Jensen, an editor at Book Riot and former children's librarian. "You have reluctant readers, and some kids who are super eager readers," whose teachers and parents might not want them browsing the YA shelves just yet, Jensen said.

Young readers' editions of well-known titles might be attractive to publishers because they're "safe picks," for school libraries and classrooms, Jensen added. "It's going to be a good story, you know what it's about, without the topics that would make a parent cringe."

But it has to be done right — and there's a fine line between making material age-appropriate and "dumbing down," she said.

"I look at the young reader editions that are 350 pages and think, 'A 10-year-old's not going to pick that up unless they're super into it. And if they're super into it, they might pick up the adult version,'" Jensen said.

Mazzeo, author of *Irena's Children*, was happy with how her young readers' edition turned out. She adapted it with help from Mary Cronk Farrell, who has extensive experience in YA.

"Part of it is to encourage families to read together," Mazzeo said. "The parents can read the grown-up version and children can read the young readers edi-



The gruesome Holocaust scenes in the adult edition of Tilar Mazzeo's *Irena's Children* (top left) were edited out of the adaptation for young readers (above). CONTRIBUTED

tion. And you can have conversations about important ethical, moral and historical subjects."

The scenes of violence against children were, naturally, left out of the kids' edition. It's not always clear, though, when adaptation tips over into censorship.

For example, Sendler's affair

with a married man is a key plot point in *Irena's Children*, but in the young-reader version the character is just her friend.

"I'm not totally sure, personally, we needed to edit that out," Mazzeo said. "But ... some people would not want their children reading about marital infidelity."



**“Children can read the young readers' edition, and you can have conversations about important ethical, moral and historical subjects.”**

Tilar J. Mazzeo

"The bigger point was you would not want a child not reading a story about something really heroic that happened in the Second World War simply because of that issue."

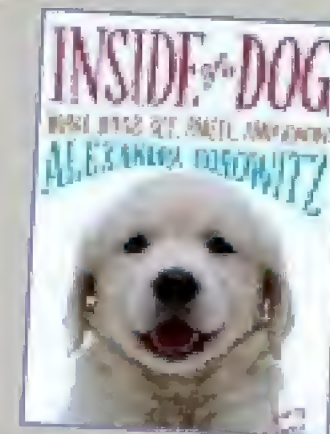
Cognitive scientist Alexandra Horowitz faced a similar challenge while adapting her 2009 bestseller *Inside of a Dog*.

She pushed to keep technical words like "umwelt" — a term for the internal world of a dog. New concepts are an important part of getting excited about a book, Horowitz said. "I've had good feedback so far. Children are torturing their parents with that word."

## READ IT

### Adult titles that have been adapted for kids

- *I am Malala: Young readers edition* Malala Yousafzai (2014)
- *Inside of a Dog: Young readers edition* Alexandra Horowitz (2016)
- *Far from the Tree, young young readers edition*, Andrew Solomon (forthcoming in 2017)
- *The Omnivore's Dilemma: Young Readers Edition* Michael Pollan (2009)



### Big-name novelists getting in on the trend

- *Unbroken, Young readers edition* Laura Hillenbrand (forthcoming in 2017)
- *Da Vinci Code, the YA Adaptation* Dan Brown (2016)



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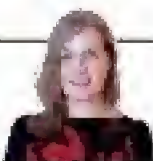


# Dubious miracles make Donoghue 'Wonder'

THE WONDER

Religion plays central role in Giller nominee's newest book

Sue Carter  
For Metro Canada



During the summer of 1985, residents of a small Irish town claimed to have seen a statue of the Virgin Mary move.

The event spawned other sightings across the country of divine statues moving, breathing and even crying, drawing thousands of curiosity seekers and devout Catholics in prayer.

Emma Donoghue — author of the international best-selling novel *Room* — was just a teenager at the time but she remembers finding the entire phenomenon embarrassing.

"It seemed to me to be a classic case of mass hysteria," she says. "I found it alarming that at a point when Ireland desperately needed to modernize, instead it was having this medieval flashback."

A dubious miracle also drives Donoghue's new novel, *The Wonder*, which was long-listed last week for the Scotiabank Giller Prize.

Set in 1850s Ireland, a young devout Catholic girl named Anna O'Donnell hasn't eaten for months, believed to be subsisting on manna from God.

As her notoriety increases,



Emma Donoghue was inspired by the story of a small Irish town that claimed a statue of the Virgin Mary moved. HANDOUT

a village committee hires Lib, an English nurse who was trained by Florence Nightingale, to ensure Anna isn't sneaking in food and that she is indeed a miracle.

When Anna's health begins to rapidly deteriorate, with her teeth falling out and a downy hair covering her body, skeptical Lib finds herself up against those who would willingly let the child die in the name of religious fanaticism.

Donoghue was initially inspired by the stories of Fasting Girls, which took place between the 16th and 20th centuries, where a group of

women, young and old, survived without food for inexplicably long periods of time.

"I've always been intrigued by cases of people who are very powerless yet end up becoming famous or lauded or put on show," she says.

While Donoghue often bases her historical fiction on true events, she decided not to focus *The Wonder* on any particular person. Some stories she found too sad, while others were obvious hoaxes so ridiculous she would have ended up writing a comedy.

Although Anna's situation is certainly extreme,

Donoghue has observed that ideals of contemporary femininity — of being "ladylike and dainty" — have not changed much over the centuries, which is perhaps why many of the 50 fasting cases on record were young women.

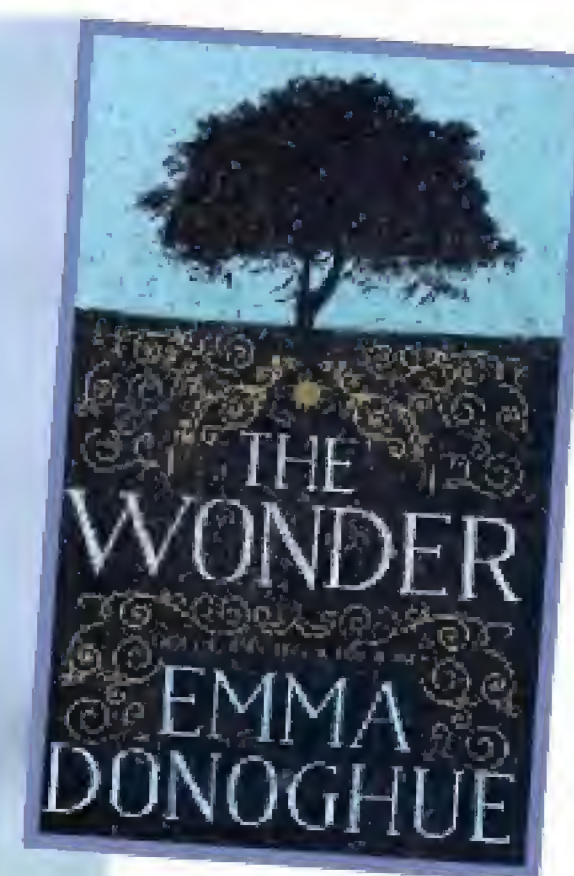
"It's the idea that femininity is defined through not showing your appetites for sex or food or power," she says. "Obviously there are very particular factors going on in the case of the one I've written about. It's very much to do with Ireland and Catholicism, but there's also a more universal message to

teenage girls to be good and be small."

While the church certainly doesn't get off easy in her novel, Donoghue's intention with *The Wonder* was not to directly attack Catholicism, but rather to point out the dangers of fundamentalism.

"Really, you could have set this novel in many extreme religious communities, with the emphasis on purity and goodness and rules, pleasing the adults around you and pleasing God though the virtues of sacrifice and suffering and endurance," she says.

"The Irish have always defined themselves as the



“

I've always been intrigued by cases of people who are very powerless yet end up becoming famous or lauded or put on show

Emma Donoghue

people who have suffered, the people who have starved, endured, and so I think Anna's national identity as much as her religious one is all muddled up with the glories of suffering. That strand of what I would call Saint Theresa Catholicism: I found that a dark and fascinating world to write about."

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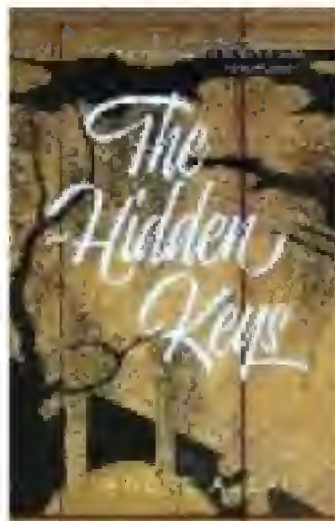
# Curl up this fall with these books

New books are dropping on our desk like falling leaves lately; there are so many good reads to curl up with, but some stand out. We've picked seven of our favourites to get you through the season. TORSTAR NEWS SERVICE

SEPT. 19

## Andre Alexis, *The Hidden Keys*

In 2015, Alexis won the Scotiabank Giller Prize for his novel *Fifteen Dogs*. This newest is the third in the series of five — a quincunx — where he turns standard story constructs on their head. In this one he was inspired by reading Robert Louis Stevenson's *Treasure Island*, so there is, indeed, a buried treasure of sorts and a cast of characters who go to great lengths to find it.



SEPT. 27

## Marni Jackson, *Don't I Know You*

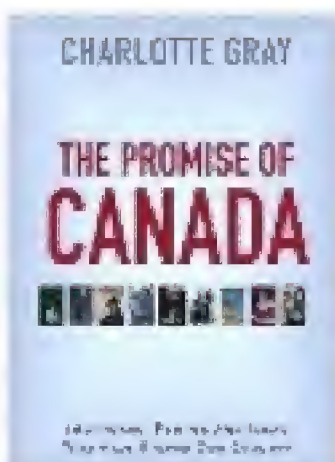
Marni Jackson is familiar to so many Canadian readers through her journalism; now she's written her first novel, a trip through generations of celebrities via one character, Rose McEwan, whose life from the age of 17 is peppered with cameos from Meryl Streep, Neil Young and Leonard Cohen.



OCT. 18

## Charlotte Gray, *The Promise of Canada*

As Canada gets set for its 150th birthday next year, historian and biographer Charlotte Gray takes a look at the people who helped shape the country. Another worthy contribution to the celebrations is comedian Mike Meyers.



ZADIE SMITH  
SWING TIME

NOV. 15

## Zadie Smith, *Swing Time*

U.K. writer Zadie Smith's new novel is about two friends who dream of being dancers; one of them has talent and one doesn't, but they both pursue their dreams with much different outcomes. Smith's novels tend to cause a stir: her debut *White Teeth* came out to acclaim and *On Beauty* won the Orange prize.

SEPT. 27

## Bruce Springsteen, *Born to Run*

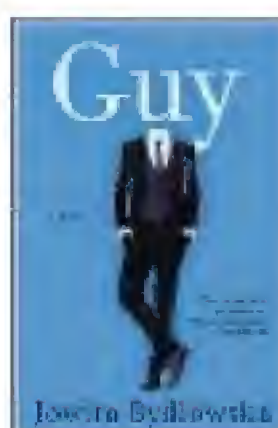
He has spent the last seven years working on his autobiography, according to his publisher. And in it he gives fans everything they are hoping to discover: stories about his New Jersey childhood, seeing Elvis on the Ed Sullivan Show, his bar band days; he wanted to "show the reader his mind."



NOV. 1

## Jowita Bydlowska, *Guy*

This darkly funny book gets you from the first page — where Guy introduces women not by their names but by how he rates them: as a four-and-a-half, or a one. The idea is to take a look at a misogynist guy from his point of view, and provide some biting social commentary along the way.



OCT. 25

## Stranger, David Bergen

This is a timely story — a young Guatemalan woman working at a fertility clinic becomes pregnant by the American doctor there; the child is taken from her to the U.S., which she enters illegally in an effort to find her. This powerful novel takes a look at wealth, poverty and dislocation.



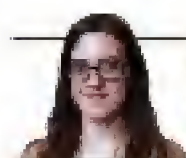
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TIFF MIDNIGHT MADNESS

## Filmgoers pass out at screening of Raw



**Rebecca Williams**  
Metro | Toronto

Even those who love gory movies have their limits, and it seems a tale of a “cannibalistic coming of age” is one movie some found hard to stomach.

Paramedics were called to the Ryerson Theatre early Tuesday morning after multiple audience members passed out during a midnight screening of the cannibal film *Raw*.

“An ambulance had to be called to the scene as the film became too much for a couple of patrons,” film festival exec Ryan Werner told the Hollywood Reporter.

The French-Belgian film from director Julia Ducournau pre-

miered at a Midnight Madness screening, known for featuring intense thrillers and graphic horror movies.

It seems *Raw* fit the bill.

Of course, there are some questioning whether the fainting film festers were legitimate or planted in the theatre by a very creative marketing team.

On Twitter, @AWolfeful wrote ‘I hope some marketing genius paid these people to pass out...’

According to the film festival website, *Raw* tells the tale of a vegetarian veterinary student who “develops an insatiable lust for flesh as the result of a gruesome hazing ritual.”

The film has been one of the more buzzed-about movies at the festival since it won a critics’ prize at the Cannes Film Festival back in May.



*Raw*, a ‘cannibalistic coming of age’ film, was so gory some audience members fainted, according to a TIFF exec. CONTRIBUTED

# Oliver Stone to the NSA: ‘They can put me in jail’

SNOWDEN

**Director isn’t afraid to say what he thinks at TIFF**

**Luba Egorova**  
For Metro Canada

Oliver Stone has some strong words for the U.S. establishment. His docudrama on National Security Agency whistleblower Edward Snowden delves into the murky world of surveillance and national security.

The 69-year-old — who recently announced he’s absorbed with everything Russian and is making a documentary on Vladimir Putin — sat down with Metro Moscow’s Luba Egorova at TIFF to talk about his film *Snowden* and what he really thinks about the NSA.

**Edward Snowden divides opinion. Some consider him a traitor, others a patriot. In the film you depict him as a hero and actually put an end to this dispute by justifying his actions. Why didn’t you present the other point of view?**

There is another point of view in the movie — it’s the National Security Agency.

**But they look like bad guys...**

Not all of them. I think it is possible to understand them. For example, Snowden’s boss says you don’t have to share the views of politicians to be a patriot. He is opposed to the war in Iraq. In his point of view, it is complete nonsense. He believes people prefer surveillance instead of freedom.

This is how he justifies



Oliver Stone at the red carpet premiere of *Snowden* during TIFF. GETTY IMAGES

the actions of the agency — there’s no third world war thanks to their work. He thinks the only way to keep this security in the heyday of technology, cyber attacks and viruses is through total surveillance. And the main enemies are Iran, China and Russia. He eloquently explains to Snowden that security is a victory, which are the same views that (former NSA director) Michael Hayden had. And many Americans do not care about their rights, their freedom — they are satisfied with security. But I do care. Somehow they forget their security before September 11 — they messed up, because of being stupid. They had a lot of intelligence, but it was fragmented. They just could not

see the whole picture. I suppose Russians wouldn’t have made that mistake. When it comes to terrorism, Russians are ruthless. Moreover, the National Security Agency often makes public statements. Being a secret service, it is advertising its activities. Or how else would they receive money for their programs? One of the characters had three million, and then the budget increased to three billion. And he says that the NSA operates in the interests of military-industrial complex. That’s why I did not think it is important to focus on the “other point of view,” but it’s there.

**After investigating Snowden’s story have you changed**

**your mind about gadgets?**

Of course. I am sure they are somehow in them and are reading my messages. I would use encryption. You know, I’m a public figure and for a long time I have openly said what I think... I think since the ‘70s. However, I am too old for all these things. If they want, they can put me in jail. And telling them to f— off won’t be a bad way to end life. I don’t want to live like a slave. I am disgusted with the idea of tyranny: People should not be wiretapping or anything else like in George Orwell’s *Nineteen Eighty-Four*. What horror awaits us in the future? It’s scary. And I don’t want to live this way. This is how I feel about the NSA: Go f— yourselves.

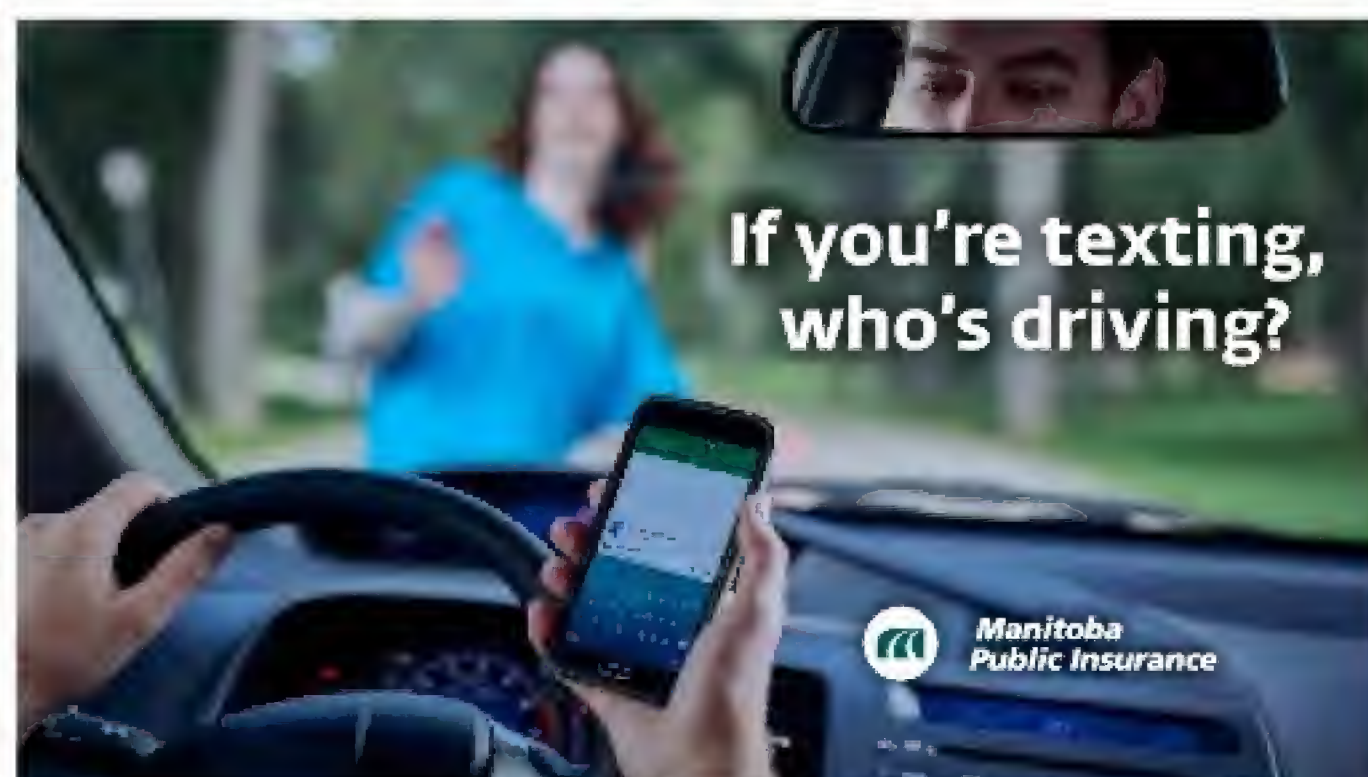
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# Gosling on fame and all that jazz

L.A. LAND

**Canadian actor reflects on his own success in L.A.**

**Steve Gow**  
For Metro Canada



Ryan Gosling should become an annual fixture at the Toronto International Film Festival. After all, he's premiered such hits as *Blue Valentine* and *Drive* here, and now that the London, Ont.-born actor is back, he's once again brought a certain buzz to the city.

"It's great to come home," said Gosling, gazing out the window of a top floor in the Ritz-Carlton hotel.

"I left Canada so I could make movies in Los Angeles so it feels good to bring those movies home."

This latest film must feel particularly pleasing for him to present to Canada.

After all, it's about his adopted home, Los Angeles — where he moved when he was merely 16 and since found monumental movie stardom.

An audacious musical about the romance between an aspiring jazz musician and an impassioned actress (Emma Stone), *La La Land* has been turning heads with its catchy musical numbers and big-screen charm.

But amongst the spectacle, Gosling should also be singled out for learning jazz piano prior to filming.

"I dove right in — I always



Ryan Gosling and Emma Stone are two artists trying to chase their dreams in L.A. CONTRIBUTED

wanted to play piano and what an opportunity to spend three months with a great tutor playing music that you like," said Gosling, who admits to having lost his chops since.

"Some of the pieces I could still play but jazz is very, very difficult."

The musical, which has been enchanting Toronto audiences and finding itself on the top

of many critics' Oscar-favourite lists, balances fantastic set pieces with themes of risk and rejection, elements every

struggling actor in Hollywood knows well — except maybe the 35-year-old thespian.

"I didn't know any better,"



**I didn't have any real frame of reality (so) in my mind it was possible.**

Ryan Gosling on arriving in L.A. when he was 16 years old, to pursue an acting career

recalled Gosling of his early ambition in Tinseltown.

"I didn't have any real frame of reality (so) in my mind it was possible.

"If I had gone later in life, I don't know if I would've gone.

"But I certainly don't think I would've put myself out there in the way I did."

While the Oscar-nominee credits his conviction for suc-

cess in showbiz, he admits it's not always been an easy ride. Even with the luck he's had, Gosling still feels every role is a risk.

"It's always a crap-shoot," said Gosling.

"Although with this I have to say that it felt like if it was as fun to watch as it was to make, we would have something that worked."

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## ON SALE TOMORROW



# A DIY home project to cheer for

CRAFTING

## This pompom blanket is cute and practical

Pompom blankets are a classic find in the souks of Morocco. Celebrated for their handcrafted woven beauty, you'll also spot them in an endless stream of Instagram-worthy spaces.

Whether they're used as a traditional bedspread or as a cozy throw to curl up with on the sofa, it's easy to craft your own version using do-it-yourself pompoms and a purchased blanket.

**Step 1: Gather supplies**  
We used super bulky yarn for this project. The advantage of this type of yarn is that it can result in a larger, fluffier pompom in less time.

It's also easier to separate the strands of yarn to fluff them out when it is thicker. Two skeins of bulky yarn make approximately 12 pompoms depending on size.

The pompoms are easy to attach to the blanket. If you're using a blanket with an open weave, you won't need the needle and thread. You'll easily be able to tie the pompoms to the edge. If you are using a blanket with a tighter weave, like the blanket we used, you will

need to sew the pompom to the blanket.

We used a vintage blanket found at a thrift shop but you can pick up a throw from most home décor retailers.

You'll need:

- Yarn — super bulky, two skeins
- Scissors
- Blanket or throw
- Cardboard
- Embroidery needle
- Embroidery thread

**Step 2: Start wrapping!**

We're sharing two ways to make a pompom. The first method uses a piece of cardboard. The second method uses your hand. Cut a piece of cardboard for wrapping the yarn. The wider the piece of cardboard, the larger the pompom will be. Wrap the yarn around the width of the cardboard until you achieve desired thickness. We wrapped the yarn around approximately 30 times. It all depends on thickness of yarn.

**Step 3: Tie it up**

Cut a piece of yarn long enough to tie around the middle of the wrapped yarn (approximately six inches). Lay the yarn on a table and carefully slide the

**SUPPLIES**  
We used a vintage blanket found at a thrift shop, however, you can pick up a throw from most home décor retailers.



Pompom blankets are great to curl up with on the couch — or take it to your freezing office. DEBRA NORTON/FOR TORSTAR NEWS SERVICE

wound yarn off the cardboard onto the piece of yarn. Tie the piece of yarn around the middle of the wound yarn, very tightly.

**Step 4: Make the pompom**

Hold the two pieces of loose string from tying the pom-pom. Using sharp scissors, on one side of the pompom, start cutting through the loops of yarn.

Repeat on the other side. Ensure all of the loops are cut. Do not cut the loose yarn strings or the yarn holding the pompom together.

**Step 5: Fluff and trim**

After cutting through all the loops of yarn begin separating the strands and fluffing the pompom. Trim away extra

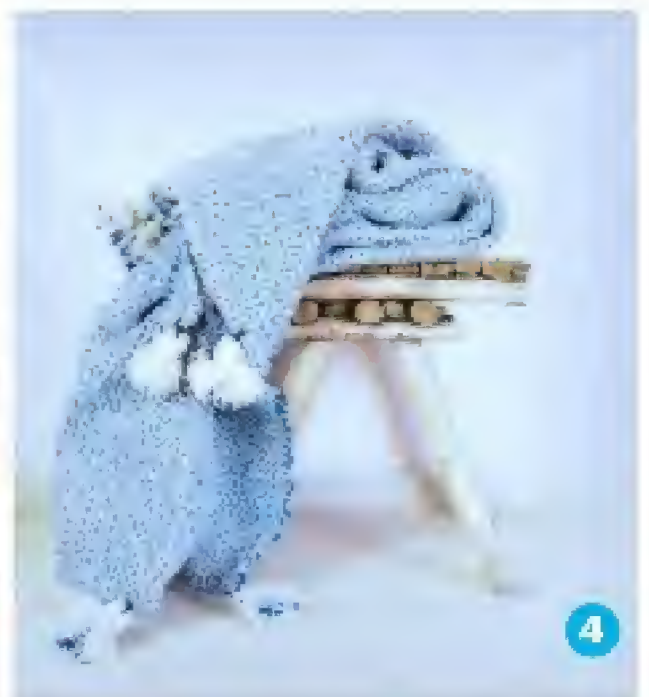
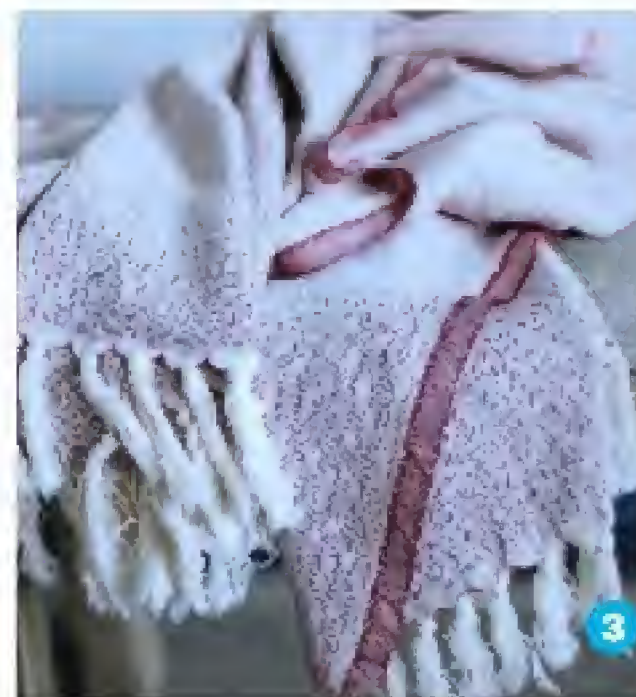
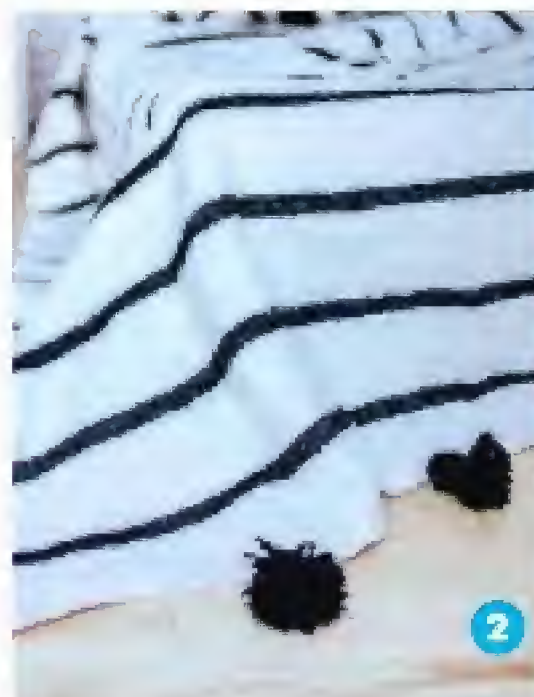
yarn to create a ball. Keep trimming and fluffing the pompom to achieve the desired shape.

**Step 6: Attach the pompom**

If you are using a blanket with a tight weave you will need to sew the pompom to the blanket. To do this, thread an embroidery needle with embroidery thread. Knot the end of

the thread. Thread the needle through the pompom, where it is tied, and sew the pompom to the blanket. If you are using a blanket with an open weave, simply tie the pompom to the blanket. Thread the uncut yarn pieces through an open weave at the edge of the blanket and tie.

TORSTAR NEWS SERVICE



RETAIL

## Not feeling crafty? Buy it

Not feeling the desire to pull out your scissors?

We've got you covered with

a selection of pompom blankets to give your space a playful edge while avoiding a trip to the craft store.

**1 Baba Souk** This Montreal based shop stocks some of the choicest handmade décor and

fashion from Moroccan souks (markets) and independent designers with a Boho spirit. Rustic Pompom Wool Blanket, Queen Size - Pink \$225/ free shipping Ready to ship.

**2 Indigo & Lavender** Hand-crafted Moroccan pompom blanket available in a variety of sizes. Antibes, Pompom Blanket \$305 & up/ free shipping Ready to ship.

**3 Tonic Living** Beautiful hand-loomed Turkish blanket with tassels. Throw blanket, Milan Red \$120/free shipping Ready to ship.

**4 Zine Interiors** Handmade Moroccan Wool throw blankets from a Morocco based Etsy shop. Pompom Blanket \$276.12, \$45.10 shipping Ready to ship in three to five business days. TORSTAR NEWS SERVICE



# Creating a cocktail-party friendly space

## DECOR

### Entertaining is easy with the right setup

**Vicky Sanderson**  
For Torstar News Service

Television shows such as *Downton Abbey* have fuelled a more formal approach to pre-dinner drinks, while others, such as *Mad Men*, have helped revive the cocktail party. Whatever your style, it's easy to carve out a space that can accommodate cocktails for a small crowd or tippling tête-à-têtes with a special friend.

Any corner of a den, rec room or family room can be designated for drinks. It's also easy to define a cocktail area with a room divider, such as shelving. Shelves have the added advantage of allowing you to easily switch up décor and accessories seasonally.



**Pick comfy seating but not too comfy — you don't want your guests passing out on the couch after a cocktail or three.** ISTOCK

In summer, for example, stacked shelves filled with plants create an outdoorsy feel.

In a small-footprint space,

consider making a bar cart do double duty. When not in use for drinks, it may sit in the narrow front hall of a condo, as a spot

to hold purses, mail, keys and electronic devices. In a bedroom, it can serve as an everyday perch for lotions, perfume and jewelry.

Soft and indirect lighting is conducive to conversation and cocktails. Consider installing a dimmer switch on an overhead light in the area. LED strings can be threaded through indoor plants, either faux or real, or nestled in a bowl for pretty accent lighting.

Any space designed to encourage conversation will revolve around seating. Choose something comfortable with slim arms and legs that's not overly deep, wide or cushiony. The combination of those three elements with the effects of a martini or three, could turn the before-dinner drinks into naptime.

Toss cushions add comfort and colour. When shopping for them, don't forget to look in the patio department of mass merchants such as Lowe's, which this year has a lovely selection of high-quality patterned cushions that work indoors or out.

Ideally, each seat should be within easy reach of a piece of

## + IMPROV

If your budget doesn't run to dedicated serve ware such as an ice bucket, simply fill a pretty bowl or clean, generously sized plant pot with ice and let it do the trick.

furniture on which a glass can rest.

If that's not doable, add cocktail tables, or a firm ottoman with a tray placed on top.

Cut the need to run back and forth from the kitchen by using a console with concealed storage that can hold small plates, napkins and glasses, such as a sleek teak piece from Artemano's new Intan line.

Compact but prettily proportioned, it gives a nod to mid-century modern design without looking kitschy, and it plays nicely with contemporary soft furnishings.

## GARDENING

### Plant bulbs now for spring blooms

It's nearly that time of year when gardeners think of spring — of planting bulbs that are going to bloom then.

Bulbs are "pre-packaged" flowers, so a green thumb isn't necessary to get those first season's blossoms. Still, a few tips for buying and planting bulbs can make for a better show next spring and beyond.

The bigger the bulbs, the bigger next spring's flowers.

Bulbs are usually sold as small, medium or top size, the measurement taken around the circumference where the

bulb is fattest. Which measurements go with which size depends on the kind of bulb. Small tulips are 10 to 11 centimetres around, medium ones 11 to 12 centimetres, and anything larger is top size.

Naturally smaller bulbs include certain tulips, such as the charming waterlily tulip, as well as grape hyacinth, crocus and snow drop.

Over time, with good care, smaller bulbs will grow into larger ones, whose show will match that of the initially fatter bulbs. One way to compen-

sate for smaller flowers would be to plant more of them, putting your money into buying more rather than fatter bulbs. Which brings us to ...

More is better, for any kind of bulb. Forget about planting tulips in a single file ready to march like soldiers down the edge of your front path. Instead, plan for big dollops of colour, massing bulbs in circular groups or, for bolder visual effect from fewer bulbs, triangular groupings with an apex directed to your vantage point.

Even though this coming spring's flowers are already packaged inside bulbs, the more sunlight the plants bask in, the better will be the show they put on in years to come. The spot where you plant bulbs doesn't have to be bathed in sunlight all season — only until the bulbs' leaves disappear. Those leaves disappear, fortuitously, at about the same time that emerging leaves of deciduous trees finally knit together to create cool shade.

THE ASSOCIATED PRESS



**Over time, spring flowering bulbs can multiply to the point of becoming overcrowded, at which time they need to be dug up, separated, and replanted.** LEE REICH VIA THE ASSOCIATED PRESS

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# Home sweet realistic first home

## MORTGAGE BROKERS

### Find out what you can afford before you go house hunting

Jason Menard

For first-time home buyers, information is key — but having the right information can make all the difference.

"A good number of first-time home buyers will look at the marketplace first then go to a broker," explained Paul Taylor, president and CEO of Mortgage Professionals Canada. "There may be a disconnect between what they want and what they can afford."

Instead, it may be more beneficial for new home buyers to determine what they can afford — and make a realistic plan based on existing debt and contingencies. Taylor said brokers can help in that process.

"Generally, people will make assumptions on the amount of debt that they're comfortable with and able to afford," he said. "A broker will walk you through your debt — student loans, credit card debt — and provide you with a realistic price range."

Jonathan Rotondo, senior media relations officer, Canada Mortgage and Housing Corporation, pointed to the 2015 First-Time Homebuyers Survey, which showed that first-time buyers are not as confident as repeat buyers, have a lower understanding of mortgage options, and were more likely to find the process challenging. They tend to turn to brokers and lenders for advice (more than 70 per cent) — and getting that help improves their success.



First-time home buyers improve their success if they turn to brokers and lenders for advice, according to a 2015 survey. iStock

**There may be a disconnect between what first-time home buyers want and what they can afford**

Paul Taylor, president and CEO of Mortgage Professionals Canada

process challenging. They tend to turn to brokers and lenders for advice (more than 70 per cent) — and getting that help improves their success.

"Overall, our survey indicated that most first-time buyers [78 per cent] are satisfied with their experience," Rotondo explained. "Advice from

mortgage professionals can be of great help to first-time buyers, and help increase their level of understanding of mortgage options and satisfaction with their mortgage professional.

"For example, providing advice on long-term mortgage strategies can increase their level of understanding of the mortgage options available by up to 83 per cent, and their level of satisfaction with their mortgage professional by up

to 85 per cent."

In addition to improving satisfaction, Taylor added that turning to professionals for your first time can help improve the bottom line.

"This will sound biased because of my position, but mortgage brokers really do save Canadians money," he said. "I don't expect everyone to believe me and I understand skepticism, but I encourage everyone to explore their options when it comes to mortgages."



## + TECHNOLOGY

### Use apps and calculators to boost expert advice

With today's technology, the power to buy a home is literally in the palm of your hand. But mobile applications and calculators should be used to help support the process — not be the be all and end all.

Mortgage calculators and apps are a useful tool to help in the home buying and mortgage shopping process. However, they should be used in tandem with advice from financial and mortgage professionals," explained Jonathan Rotondo, senior media relations officer, Canada Mortgage and Housing Corporation. "Most banks and financial institutions offer calculators or apps."

"Given this decision-making process is personal and based on an individual's particular and unique situation, it really comes down to finding and using the tools that best fit your needs." JASON MENARD

## HOUSING FINANCE

### Tend mortgage options to encourage financial growth

Getting a mortgage can be stressful, which is why many tend to not want to continually revisit the process. However, there may be benefits to you if you look at mortgage maintenance as a vital part of your financial health.

"The majority of people probably do just set it and forget it," explained Paul Taylor, president and CEO of Mortgage Professionals Canada. "We recommend always looking at options."

There may be value in talking to a broker or lender to see if there are other options available. If you have a mortgage with a higher interest rate than the current rate, it

may be worthwhile to look at changing the terms of your mortgage — even if there are fees or penalties.

Some people also look at paying down mortgages earlier, but Taylor said that may or may not be the right choice.

"It's really about individual circumstances," he said, adding that there's a bit of a generational divide in that more mature mortgage holders tend to prioritize paying down their mortgage, whereas younger home owners tend to have a higher threshold for debt tolerance. Regardless, he said it's important to get the right information when making a decision.

"Is it better to pay more on your mortgage, or take those extra funds — if you have them — and invest elsewhere? That's very much up to the individual and their situation," he said. "It's important to get expert advice — whether that's from a financial advisor or a broker — to make a decision that's right for you."

Jonathan Rotondo, senior media relations officer, Canada Mortgage and Housing Corporation, said it's important to make informed housing finance decisions.

"Take the time to plan and review your mortgage options, terms and conditions and prepare yourself for managing

your mortgage," he said. "Consider a lesser mortgage amount than the maximum you can afford; evaluate the impact of an increasing interest rate on your monthly payment; plan to be mortgage free faster and create a 'cushion' in case of unforeseen financial difficulties; and seek help if you have difficulty making your mortgage payments."

This also extends to those looking at using home equity to pay down debt or reinvest into their homes. "A broker will work with you to walk through the options based upon your own life circumstances," Taylor added.

JASON MENARD



Reviewing your mortgage is good for financial health. iStock







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# Goldeyes draw first blood

BASEBALL

## Carl pitches Fish to early lead in league championship



For the ninth time in their 23-year history the Winnipeg Goldeyes are in a league championship series. Wednesday night in Winnipeg, the Fish made headway in search of their third title with a 5-0 victory over the Wichita Wingnuts in Game 1 of the American Association Championship Series.

"It's always a little bit easier when you're playing good baseball headed into these series, and we responded today — maybe our best baseball game of the year when you talk about pitching, defence, offence, and getting some timely hitting, base running," said Goldeyes manager Rick Forney.

Goldeyes right-hander Edwin Carl got the call to the hill in Game 1, and was near masterful in 6-2/3 shutout innings. Carl captured his second-straight win of the post-season, allowing four scattered hits while striking out five and walking one.

"Today he was really efficient with his strike throwing. That's the best fastball command he's had all season," added Forney. "He was fantastic."

Carlton Tanabe blooped a



Maikol Gonzalez of the Goldeyes steals second base during Game 1 of the American Association Championship Series against the Wichita Wingnuts at Shaw Park on Wednesday night. TARA MILLER/WINNIPEG GOLDEYES

two-out single that cleared the bases and cashed in a pair of runs to open the scoring in the second. Josh Romanski added a pair of RBIs including a solo homer in the sixth, while David Rohm continued his playoff tear with a 3-for-4 night and a run scored, upping up his playoff batting average to .652.

"Carlton gave us some breathing room," said Romanski, who has proven to be a clutch hitter all season for the Fish. "But at the end of the day, we got an outstanding pitching performance from Carl ...

### GAME 1 At Shaw Park



It was a pretty much a great team baseball win.

"We've got (Kevin) McGovern on the mound tomorrow.

With that guy on the mound, I like our chances."

The Goldeyes emerged victorious over the St. Paul Saints in a best-of-five division series that saw Winnipeg come back to win back-to-back elimination games. All five contests were decided by two runs or less. St. Paul finished the regular season in a tie with Wichita for a league-best 61-39 record.

Game 2 goes Thursday night in Winnipeg, with Games 3 through 5 (if necessary) down in Wichita, Kan., beginning Saturday.



Pitcher Edwin Carl  
JEFF MILLER/WINNIPEG GOLDEYES

WORLD CUP OF HOCKEY

## Canada bests Russia in overtime

Ryan Getzlaf beat Sergei Bobrovsky on a breakaway at 3:29 of overtime to lead Team Canada to a 3-2 victory over Team Russia in a World Cup of Hockey exhibition Wednesday night.

Bobrovsky made 45 stops, some of them spectacular, but couldn't wrangle the puck when Getzlaf slipped it between his pads during the 3-on-3 extra session.

### In Pittsburgh



John Tavares and Patrice Bergeron scored for Canada. Pittsburgh Penguins star Sidney Crosby assisted on Bergeron's goal while playing on home ice at Consol Energy Center.

Carey Price had 24 saves for Canada, which finished 2-1 in exhibitions before the tournament begins this weekend.

Artemi Panarin had a goal and an assist for the Russians. Alexander Ovechkin also scored. Evgeni Malkin assisted on Ovechkin's goal to match longtime Pittsburgh teammate Crosby.

The Canadians open the tournament Saturday against the Czech Republic, while Russia begins on Sunday against Sweden.

THE ASSOCIATED PRESS

NFL

## Broncos fined for Newton helmet hits

A person with knowledge of the punishment tells The Associated Press that two Denver Broncos defenders have been fined a total of \$42,540 — but not suspended — for helmet-to-helmet hits on Cam Newton.

The person, who spoke on condition of anonymity because the NFL hasn't announced the

fines, said linebacker Brandon Marshall was fined \$24,309 and safety Darian Stewart \$18,231.

**My job is to win football games, not lobby for my health.**

Cam Newton

The league's MVP took four helmet-to-helmet shots in the Carolina Panthers' 21-20 loss to Denver, although only one of the hits drew a flag and none resulted in any penalty yardage. THE ASSOCIATED PRESS

### IN BRIEF

#### Rays beat up scuffling Jays

Alex Cobb pitched solidly into the seventh inning and Corey Dickerson drove in four runs as the Tampa Bay Rays beat Toronto 8-1 on Wednesday afternoon to hand the scuffling Blue Jays their fourth straight series loss.

Cobb (1-0), in his third start since returning from Tommy John surgery, allowed one run on just two hits with three walks and four strikeouts through 6 2/3 innings. He retired 11 straight at one point. THE CANADIAN PRESS

#### Floro out as coach of men's national soccer team

Canadian soccer has claimed another coaching victim.

The Canadian Soccer Association dumped Benito Floro on Wednesday, opting not to renew his contract in the wake of Canada's most recent failed World Cup qualifying campaign.

Floro inherited a team ranked 88th in the world and 10th in CONCACAF. Canada is currently No. 100 in the world and No. 11 in CONCACAF.

THE CANADIAN PRESS

NCAA

## North Carolina loses more title contests

The Atlantic Coast Conference has followed the NCAA's lead and is removing all its athletic championships from North Carolina over a state law limiting protections for LGBT people.

The ACC Council of Presidents voted Wednesday to relocate the league's championships until North Carolina repeals the law. The decision includes 10 neutral site championships this academic school year, which means relocating the ACC football title game that was scheduled to be

### + NO NATIONALS

On Monday, the NCAA said it was relocating seven of its championships scheduled to be played in the state.

played in Charlotte in December. No announcement was made on where the championship events will be held.

THE ASSOCIATED PRESS



# Brazil savouring Games

## TICKET TRENDS

### Lower ticket prices make Paralympics more accessible

Powerlifting star Majid Farzin walked to the platform to roaring applause. Then, complete silence as he attempted his lift.

Three white lights clicked on, signalling it was good, and the crowd erupted in cheers again, this time even louder. A sea of yellow and green rose to its feet, chanting and waving Brazilian flags.

But here's the thing: Farzin isn't Brazilian. He's Iranian.

Welcome to the 2016 Paralympics, where the residents of Rio de Janeiro have shown people from all across the world their Carioca spirit. Cariocas are the Rio natives, known for their warmth, friendliness and laid-back attitude.

Before the Games began a week ago, organizers from the International Paralympic Committee were just happy that — after a furious ticket-selling campaign and a price drop to as low



Wen Xiaoyan of China celebrates winning gold in the women's long jump T37 final on Wednesday in Rio. ATSUSHI TOMURA/GETTY IMAGES

as about \$3 per ticket — the Rio games seemed likely to surpass sales of 1.7 million, moving this Paralympics into second place behind London in terms of spectators (2.7 million).

But as of Wednesday, the IPC said sales were over the 2 million mark. The sports festival for people with disabilities ends Sunday.

"We have to generate energy (at the games), so therefore, we wanted to bring the public on

board and have them provide energy, because in both Games we started kind of with an obligation to sell more tickets," said Mario Andrada, spokesman for the local organizing committee.

It's not just that people are coming out to Olympic Park on the edge of Rio. It's who is attending — local Brazilian fans, many of them families and couples, enjoying a day out in a country where roughly a fifth of the population

is below the poverty line.

"I wasn't able to take my family to the Olympics because it was too expensive, but we grabbed the chance to see the Paralympics because the price of the tickets was so much lower," said a 42-year-old Rio resident who only gave his name as Marco. "I'm really glad to be part of this, especially being able to bring my whole family. It's a really unique moment and we'll probably never have this opportunity again." THE ASSOCIATED PRESS

## TEAM CANADA

### B.C. cyclist's win sets off golden day

Canadian cyclist Tristen Chernove is at his best when he's sailing along at 40 kilometres an hour under the soothing heat of the sun.

Life is about as close as it can be to perfect.

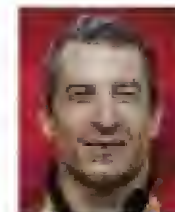
The 41-year-old from Powell River, B.C., roared to gold in the time trial on Wednesday, for his third medal of the Rio Paralympics, and one of five claimed by Canada's cycling team on the day.

And in the moments after the victory, Chernove talked about how para-cycling is helping him adapt to the ravages of Charcot-Marie-Tooth disease, and of that wonderful feeling of flying.

"It's totally freeing," Chernove said, with a wide grin. "Believe me, overcoming what some would consider limitations created by the disease is never on my mind. I'm just being an athlete. I'm just doing all I can."

Chernove raced to a time of 27 minutes 43.16 seconds to beat Ireland's Colin Lynch, who was second in the C2 category in 28:02.25.

The Canadian, who remarkably just joined the national team last year, also has a pair of medals from the track: a silver in



Tristen Chernove  
GETTY IMAGES

the 3,000-metre individual pursuit, and bronze in the 1,000-metre time trial.

Chernove's win kicked off a spectacular day in the time trial for Canada. Ross Wilson of Sherwood Park, Alta., captured silver in the C1 category for his second medal in Rio, Charles Moreau of Victoriaville, Que., took bronze in the H3 class, Calgary's Michael Sametz took bronze in the men's C3 event, and Shelley Gautier of Niagara Falls, Ont., was third in the combined C1 and C2 race.

Chernove was a competitive paddler who took up cycling after being diagnosed with CMT, a degenerative disease that affects the peripheral nerves and causes the muscles to atrophy.

Cycling can't stop the degeneration of his lower legs and lower arms, Chernove said — it's the nature of the disease.

"I have to learn how to be OK with that," he said. "However, psychologically, to be fitter than I've been in my whole life feels wonderful." THE CANADIAN PRESS

## IN BRIEF

### Bouchard moves on at Laval University event

Canada's Eugenie Bouchard had a successful start to the National Bank Cup on Wednesday, downing Mandy Minella of Luxembourg 6-3, 6-4 in first round action in Quebec City. THE CANADIAN PRESS

### NHL to introduce concussion monitors

The NHL is revamping concussion monitoring for the upcoming season.

Deputy commissioner Bill Daly says the league will have four concussion spotters watching all games from a centralized location in either Toronto or New York, as well as spotters at each game to check for visible symptoms. Those spotters will have the authority to have players removed from games.

THE ASSOCIATED PRESS

### ESPN to show drone racing

Look! Up in the sky. It's a bird. It's a plane.

No, it's a drone?

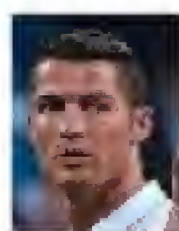
In its latest foray into non-athletic sports, ESPN has reached an agreement to broadcast the Drone Racing League season.

THE ASSOCIATED PRESS

## CHAMPIONS LEAGUE

### Sporting's chance not taken in Madrid

Cristiano Ronaldo and Alvaro Morata scored very late goals as Real Madrid came from behind to beat Sporting Lisbon 2-1 and avoid starting the defence of its Champions League title with a shock defeat on Wednesday.



Cristiano Ronaldo  
GETTY IMAGES

Ronaldo equalized from an 89th minute free kick against his former club and Morata netted the winner deep in injury time to give the hosts a hard-fought victory in a match which Sporting had largely under control.

"I'm happy with the points. We suffered but never gave up," Real Madrid manager Zinedine Zidane said. "I don't know if the result was fair or not, but it's clear we believed. You have to play until the end. It wasn't a perfect match, you never see a perfect match, but the important thing was to win."

Madrid, trying to become the first team to win back-to-back Champions League titles since the tournament's new format went into effect in the 1992-93 season, avoided what would have been only its second loss in 31 Champions League matches

## RESULTS

- Man. City 4, Borussia Mon. 0
- Bayer Lev. 2, CSKA Mos. 2
- Brugge 0, Leicester 3
- FC Porto 1, FC Cope. 1
- Juventus 0, Sevilla 0
- Legia Warsaw 0, Borussia Dortmund 6
- Lyon 3, Dinamo Zagreb 0
- Real Madrid 2, Sporting 1
- Tottenham 1, Monaco 2

at home. It has won 27 times and drawn three at the Santiago Bernabeu Stadium.

Sporting was just a few minutes away from its first win in 11 matches in Spain in UEFA competitions.

Boosted by a loud visiting crowd, Sporting played well from the start, defending with efficiency and creating dangerous chances up front with well-timed counterattacks and accurate passing.

Bruno Cesar put the Portuguese side ahead only three minutes into the second half after Sergio Ramos and Luka Modric failed to clear, allowing the Brazilian midfielder to fire a left-footed shot into the far corner. THE ASSOCIATED PRESS

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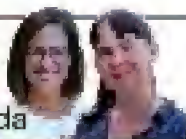


## RECIPE Fresh Tomato Spaghetti



PHOTO: MAYA VISNVEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada



Scoop up all the local tomatoes you can find and make this quick and easy pasta dish.

### Ready in 20 minutes

Prep time: 5 minutes  
Cook time: 15 minutes  
Serves 4

### Ingredients

- 1/4 cup olive oil
- 2 cloves garlic, minced
- 500 g package of whole-wheat spaghetti
- 3 Tbsp red wine vinegar
- 2 cups fresh tomatoes, washed and chopped
- 1 head of arugula, washed and rough chopped
- Salt and pepper to taste

### Directions

**1.** Put a big pot of well salted water on to boil.

**2.** In a sauté pan, bring the olive

oil to low-medium heat.

**3.** Add garlic and allow to cook but not brown — just a couple of minutes. Take the pan off the heat.

**4.** Cook pasta according to package instructions. Scoop out a cup of water before draining. The starchy water is a great way to loosen up a too-thick sauce, plus it adds a certain slickness to your pastas.

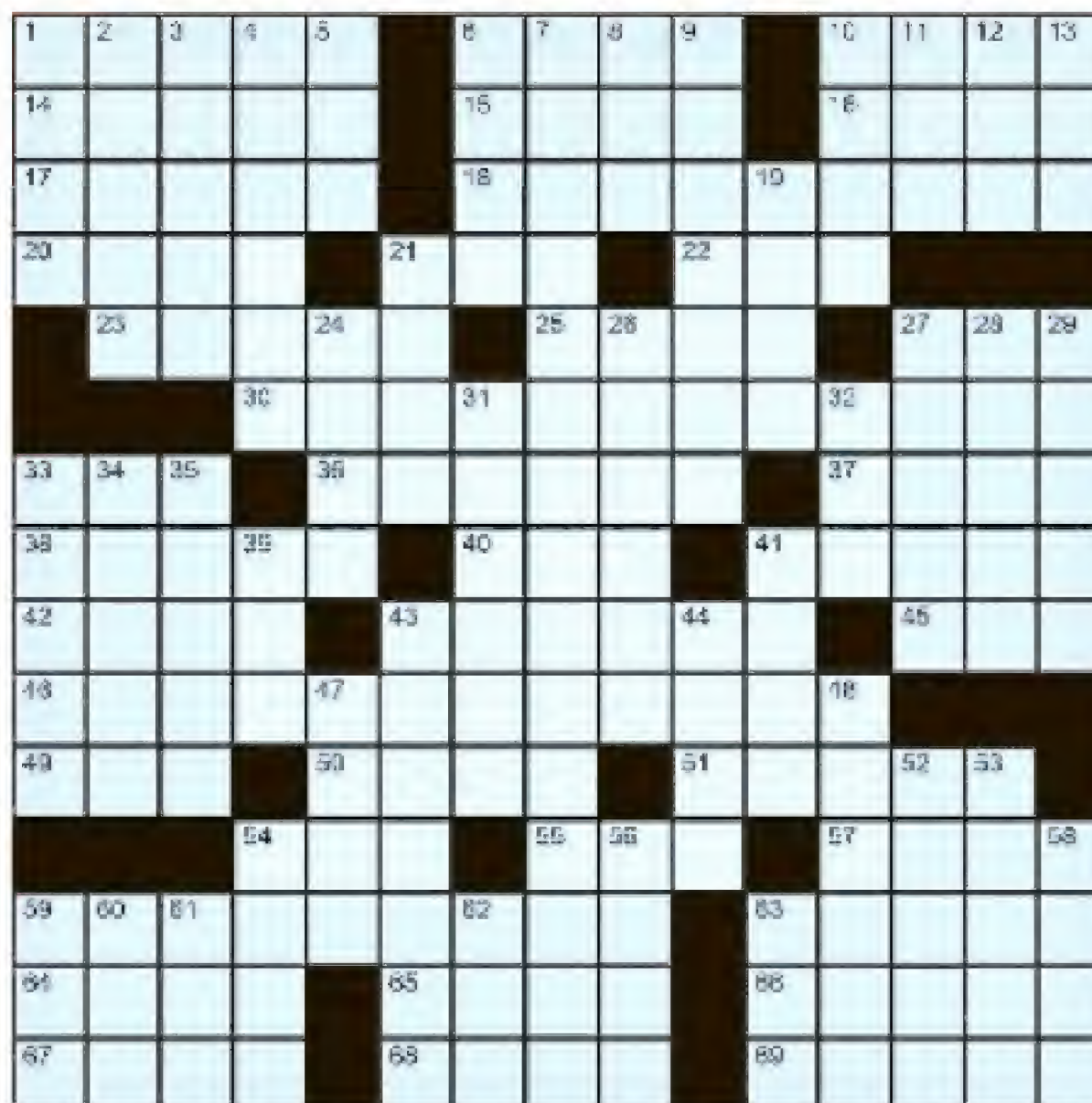
**5.** Drain noodles before tossing back in the pot. Add garlic-infused oil and vinegar and toss until all of the spaghetti is coated. Add tomatoes and toss again. Pour in cooking liquid, bit by bit, until your sauce is the desired consistency (you may not need much).

**6.** Throw in the arugula and give it another good mix so there are pieces of green throughout. Taste before adding a bit of salt and pepper.

FOR MORE MEAL IDEAS, VISIT  
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



### ACROSS

1. Late  
6. Transfixed  
10. "Dami"  
14. Daisy type  
15. Length measure  
16. Irving Bacheller novel, \_ Holden  
17. Naomi Watts 2013 biopic  
18. NHL goaltending great from Carman, Manitoba: 2 wds.  
20. " \_ the Explorer"  
21. 'Cent' add-on (Man/ horse creature)  
22. Theory of Relativity brainiac ... his initials-sharers  
23. Gladiator's 3,600  
25. Eight, in Latin  
27. Corn-eater's cast off  
30. 1970s TV drama starring the Melfort, Saskatchewan born actor at #7-Down, " \_ \_ Counselor at Law"  
33. "The X-Files" actor ... his initials-sharers  
36. Steal  
37. Scandinavian story  
38. Major upsets  
40. 'Block' suffix  
41. Faded jean areas  
42. Take apart  
43. Excoriate  
45. AC/DC song  
46. Vintage records purchaser's interest: 2 wds.  
49. Swine spot  
50. Mouth off  
51. Clark \_ (Jennifer Grey's actor hubby)  
54. Cleveland NBA-er  
55. Treasure Island author's monogram  
57. Dismounted

59. Quebec City attraction, Le Chateau \_  
63. "Well done!"  
64. Archaeological discovery  
65. Actress Tara  
66. Astronaut Neil Armstrong's middle name  
67. Daughter, e.g., on

- a family tree  
68. Lacking  
69. Funny Canadian Mike

### DOWN

1. "Hello It's Me" by \_ Rundgren  
2. Self-evident truth  
3. Fortify once more  
4. Bundle of energy  
5. Posh positive  
6. Andre \_ (Dutch violinist/conductor)  
7. Sci-Fi thriller of 1971

- starring Canadian actor Arthur Hill based on Michael Crichton's 1969 breakout novel, with The: 2 wds.  
8. Banned pollutant, commonly  
9. Stage star's site  
10. Li'l word meanings  
11. Blood-typing letters

12. Modern, in Germany  
13. "Welcome to the Jungle" rock gr.  
19. Zodiac's roarers  
21. Banda \_ (City in Sumatra in Indonesia)  
24. ABC's ballroom show  
26. Legendary talk show host Dick  
27. Military trainee  
28. Of the distant past  
29. Explosion emanation!  
31. B-vitamin family member  
32. She-chicken  
33. Plays like Neil Peart  
34. Tim Hortons snack  
35. Dishwater  
39. You: French  
41. Simple Minds singer Jim  
43. Remington electric grooming products  
44. Harleys, to bikers  
47. 'Pluto' suffix  
48. Medical checkup frequency  
52. Open space in a wooded area  
53. Bestower  
54. "Squawk Box" network  
56. Flat-screen TVs, e.g.  
58. Weight units, US-style  
59. Flower delivery co.  
60. Kind of deer  
61. Mantric syllables  
62. PBS funding org.  
63. Slamming noise!

## \* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
You might be doing a slow boil about something because silly errors at work make you impatient. Nevertheless, by sounding off, you will gain nothing, and you might make things worse!

**Taurus** April 21 - May 21  
A discussion about shared property will meet with resistance from someone else today. This is a poor day to ask for a loan or mortgage or for a favour from someone.

**Gemini** May 22 - June 21  
Relations with parents, bosses and authority figures will be challenging at some point today. That's why life might feel hard. "Nobody loves me." (Relax. This is a fleeting thing.)

**Cancer** June 22 - July 23  
Teachers and anyone involved in medicine and the law might be difficult to deal with today. In fact, avoid subjects like politics, religion and racial issues, because they will be too difficult to discuss.

**Leo** July 24 - Aug. 23  
If you are talking about loans, mortgages and shared property today, you will meet with obstacles. Someone in authority will not approve. Choose another day!

**Virgo** Aug. 24 - Sept. 23  
Your relations with close friends and partners are difficult today, because there seems to be a lack of emotional flexibility. Someone might even be depressed. Don't take this personally.

**Libra** Sept. 24 - Oct. 23  
This is not the day to ask your boss or a co-worker for help. Their response will be, "Talk to the hand." (Oops.)

**Scorpio** Oct. 24 - Nov. 22  
Children might be an increased responsibility today. Just accept this because, hey, it goes with the territory. Don't try to change rules in sports today

**Sagittarius** Nov. 23 - Dec. 21  
This is not the day to ask a parent or someone in a position of authority in the family for help. They will not be receptive. Just bide your time and wait for another day.

**Capricorn** Dec. 22 - Jan. 20  
Everyone is a bit negative today. It's not just you. Don't take it personally and do not react.

**Aquarius** Jan. 21 - Feb. 19  
This is a poor day for financial decisions because someone will block what you want to do. Choose another day. Timing is everything.

**Pisces** Feb. 20 - March 20  
Today the Moon is opposite your sign and at odds with stern Saturn. That's why it is difficult to get along with others. (It's not just you.)

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

							2	7
		6		8	3	4		
	9		6			7		
	6	7	8	1	5	2	3	
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5	1							

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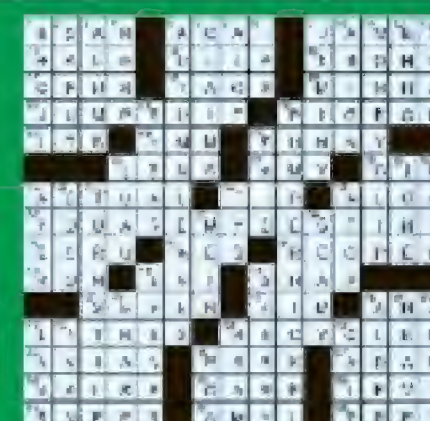
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## YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to  
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7	4	3	1	6	9	2	5	8
1	6	9	2	4	8	7	3	6
2	6	8	3	5	7	4	1	9
9	3	7	8	1	5	6	4	2
6	8	1	7	2	4	3	9	5
4	2	5	9	3	6	1	8	7
3	7	2	5	8	1	9	6	4
8	1	4	6	9	2	5	7	3
5	9	6	4	7	3	8	2	1



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### Instagram



Jason M  
Cheered on Team Canada and visited the Rogers Fan Hub at the fan village.

For more World Cup of Hockey information and full contest rules, visit [www.rogers.com/nhl](http://www.rogers.com/nhl)

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